



Abs Tripp, from DASL, pointing the way to fun and friendly sports and physical activities for everyone!

Maggie and Veronica, from the Newsletter Team, interviewed Abs about her Intosport Project.

Intosport is a project to get people do **fun, active stuff** in an open and encouraging environment that supports one another.



There's lots of different activities. Such as **dancing, cycling, cricket, boccia, table tennis, swimming, skating, sensory dance** and more!

Anyone can join and it's free apart from swimming and skating which has a small price.

There's no need to book as all the sessions are **Drop-In**.
If you would like **more information** or would like to **volunteer** please contact **Abs on 0751256875**

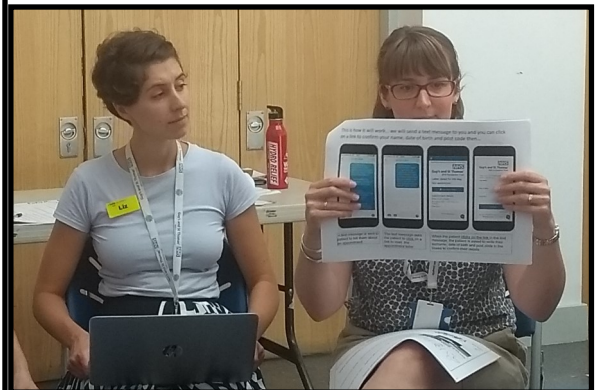
7 August Forum

August's Forum was at the Old Library

Andrea and her team came from **Guys and St Thomas's Hospital** to talk to us about developing their '**Digital Transformation Program**'. They asked the group their views about using mobile phones and emails to make hospital appointments.

The program is about using mobile phones and emails to communicate with people about their hospital stays appointments.

Many people don't have mobile phones and said they would struggle to make appointments using technology and would rather speak to someone. Andrea and Lisa said they would try and find ways to make it easy for people.



Victoria from Royal Mencap came to talk to the Forum about the '**TREAT ME WELL**' Campaign. It's about improving and making things better in hospitals for people with learning disabilities.

Veronica and Faye from the Newsletter Team asked the group their views on the Newsletter and how to make it better and how to make sure everyone gets a copy.

If you would like a copy please get in touch with us on :
Forumnewsletter@outlook.co.uk or ring Laura on 0796106393

16 October Forum

Octobers's Forum was hosted at Lambeth Walk Day Centre

Victoria and Lloyd, from Royal Mencap, came to talk to us about the **'Treat Me Well' Campaign** that is starting early next year in Lambeth. The Campaign is about changing the way hospitals treat people with learning disabilities. Lambeth will be working with Guys and St Thomas' Hospital to make things better.

If you are interested in campaigning please get in touch with us.



We went to the **Black Prince Community Hub** in Kennington.

The manager, Jason, gave us a tour of all the facilities and told us about all the activities on offer.

There is an **outdoor gym, different classes, boxing ring, basketball court, outdoor pitches, weights, and all sorts of other fun stuff**. It's **free** for anyone with a learning disability.

You can contact them on :
0207 840 2904

They are located at:
5 Beaufoy Walk (off Black Prince Road), Kennington, SE11 6AA



Dates for your Diary:

- **3 December, Assembly Meeting at Lambeth Town Hall, 10:30 - 2:30pm**
- **6 December, Jazz Music Night at the Effra Hall Tavern, 38 Kellet Rd, Brixton 7pm onwards, FREE**
- **10 December, LET'S DANCE at POP Brixton, FREE**
- **18 December, Afternoon Tea at Brixton Pound Café, 3 - 5pm, Pay what you can**

Richard's Yummy Chocolate Pudding

Ingredients:

8oz butter melted
16oz self raising flour
16oz sugar
4 eggs
4 tsps. Of cocoa
1 tsp vanilla essence
1 bar plain chocolate
2 Tbsp brown sugar
1 pint hot water



Mix together melted butter, flour, sugar, eggs, vanilla, cocoa and set aside. Melt the plain chocolate, add the sugar + hot water. Place the butter + flour mixture in a large dish and pour the chocolate and water mixture on top. Put in oven at 200c for about 1 hour. It is ready when it's firm on top and a metal skewer or toothpick poked in comes out clean. Serve with a bit of fruit, cream + sprinkle with icing sugar.



Ipad and Tablet Lending Library

Like to borrow an ipad or tablet?
Borrow one for just £2 a week
Ring Alan 0208 655 7714



Lambeth & Southwark **men**cap